

FEBRUARY



Pick a **better snack**™



 Play	 Banana	 Build	 Peppers	 Pineapple
 Dance	 Shoot	 Play	 Frozen Vegetables	 Kick
 Cherry Tomato	 Bowl	Family Ate Meal Together		 Cucumber
 Pineapple	 Stretch	 Cucumber	 Frozen Fruit	 Walk
 Walk	 Peppers	 Salad Greens	 Park/Climb	 Tomato

**PLAY
YOUR
WAY.**

**ONE
HOUR
A DAY.**



www.idph.state.ia.us/pickabetersnack



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.



MOM TO MOM

I didn't grow up in the United States and where I'm from fresh fruits and vegetables are really important. Even though my kids were born in the US, I wanted them to learn to eat the foods that are important in my native culture. My parents live with us and they are great role models. The kids see all the proof they need when they see how well their grandparents are. The example they set means so much to me.

~ Nancy, mother of two in Iowa

REAL QUESTIONS. EXPERT ANSWERS.

YOU LEFT YOUR PIZZA ON THE KITCHEN COUNTER FOR 3 HOURS. IS IT STILL SAFE TO EAT?

FOR ANSWERS TO THIS AND OTHER QUESTIONS, CALL
IOWA STATE UNIVERSITY'S ANSWERLINE
800-262-3804 OR EMAIL ANSWER@IASTATE.EDU.

**PLAY YOUR WAY.
ONE HOUR A DAY.**



Winter months are a great time to balance screen time (TV, video games, computer) with play time. Set limits on the total screen time for your child. (The American Academy of Pediatrics recommends no more than an hour or two a day spent watching TV.) Here are some ways to reduce screen time:

- Turn off Saturday morning cartoons and take your child rollerblading or to the zoo.
- As a family, agree to limit TV/DVD/video watching or gaming to two hours (or less) a day.
- Play with a ball instead of a video game.
- Take the TV out of your child's bedroom.

Try some new creative activities this month.

- Learn to hula hoop™.
- Take your family bowling. Teach your kids how to score the game!
- Take advantage of open gym times at local schools or churches.
- Use the garage or basement. Get out your Frisbee™ or ball and have some fun!

CHILD'S NAME

has played Pick a **better** snack™ bingo this month.

SIGNATURE